

Abstract of the Disclosure

Disclosed are a crystalline trehalose dihydrate which has an elongated crystalline structure with a proportion of the length in the *c* axis to that in the *b* axis less than 2.0, its preparation and uses. The crystal has insubstantial hygroscopicity and solidification, and satisfactory stability, free-flowing ability, and handleability; it can be easily processed without fracture in the drying and sieving steps.